

# EL MORRO

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January 2010

## HAPPY NEW YEAR - A New Decade



Representatives of the US Army welcome the new decade during the traditional New Year's Reception at the Fort Buchanan Community Club on January 9. (Left to right) Master Sgt. William A. Russell, Acting Garrison Cmd. Sgt. Maj.; Horacio Cabrera, US Army Reserve Ambassador; Maj. Gen. (Ret) Felix Santoni, Civilian Aide to the Secretary of the Army; Maj. Gen. Bill Gerety, Commanding General, 81st Regional Support Command; Col. Edwin C. Domingo, Commander Fort Buchanan Garrison; Col. (P) Fernando Fernández, Commander 1st Mission Support Command; Cmd. Sgt. Maj. Marcial Felix, Cmd. Sgt. Maj. 1st Mission Support Command. Story on page 4.

Photo by Marcos Orengo



Army New  
Year's Re-  
ception

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Stolen Relics  
Recovered at  
Castillo San  
Cristobal

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1st MSC  
Soldiers  
home for  
the holidays

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# FROM THE COMMANDER:



Col. Edwin C. Domingo  
Garrison Commander

2010 -  
a year of new  
hopes and  
aspirations

as neighbors, business partners, co-workers, friends, friends of a friend, and the list goes on and on. Since I assumed command in June 2007 I have seen its real meaning many times in many ways:

- I have seen it in the magical moments shared with kids and family members during each Holiday parade and Christmas tree lighting;

- as we shared good times and true camaraderie with our brothers and sisters from the Reserve, National Guard, Marines, Navy, Coast Guard and State Guard and our friends from the Federal agencies at the Armed Forces Day run;

- when we cut the cake of the Army Birthday with family members that came all the way from "La Casa del Veterano" in Juana Díaz;

- when we strengthen the bonds with the local community supporting the Army Community Covenant, the San Patricio 5K, the Municipality of San Juan National Night Out and many other events;

- when we recognized the commitment to service and willingness to make great sacrifices on behalf of our Nation of the world's most accomplished group of military professionals, our NCOs.

In 2009 we celebrated the "Year of the Non Commissioned Officers Corps", better known as "the backbone of the American Army", "the keepers of our standards", and my personal favorite

— the Army's "heart and soul."

I also have seen the true meaning of the "extended family" when we honored those who served during the Retiree Appreciation and Veteran's Day, and when we pay respect to our departed Soldiers remembered during Memorial Day and 9/11.

Because of their sacrifices being responsible for keeping our most treasured values alive — freedom and democracy, they are and always be — our heroes. Their courageous spirits are with us tonight as we get together to celebrate this New Year event as one great family, one great community.

Most of all, I am sincerely grateful to Fort Buchanan's extended family as they supported us throughout tough times, especially during the CAPECO explosion.

During these critical times we rediscovered the values we share with you — our family members — such as teamwork, respect and caring. These values came through to express the best in all of us in the form of selflessness, self-giving and gratitude.

We saw Soldiers, co-workers, members of federal agencies and our surrounding community, working together, hand in hand, to bring Fort Buchanan back to operational status. This enabled our Soldiers, their families and our workforce to come back home safe.

As the Commander of this installation, I was truly humbled by the experience of going through

an emergency of this magnitude without a casualty. Thanks to you, I count my blessings every day.

As perhaps my last New Year with you I would like to extend to you our appreciation on behalf of the Domingo's family — Rebecca, Emmanuel, Ervin, Eric and Emily.

Please accept these gifts that we symbolically received from you since our arrival to "Borinquen bella, La Isla del Encanto" and would like to share with you for this new year.

- Thank you for your loyalty not only to our Soldiers and family members but to our Fort Buchanan community, the United States Army and to our nation.

- Thank you for going above and beyond the call of duty in everything you do, sharing the rewarding experience of exceeding even your own expectations.

- Thank you for the precious gift of Respect. It is earned by trusting others to do their best and by showing pride in a job well done by all of us, as a team, as a family.

- Thank you for serving others without thought of recognition or gain, for giving a hand on your free will to help others succeed.

- Thank you for letting honor guide you as your way of life, for being the guiding light of your actions as an individual and as a leader.

- Thank you for your integrity, for doing what's right. This gift is double. It goes hand in hand with another which we are especially

thankful for, your trust.

- Thank you for the courage of continuing forward on the right path, for standing by your values, for giving the best in everything you do.

Last but not least, I would like to thank you for these and the many gifts received from you as you embraced us as part of your family. There is a song that we sing during New Year's Eve — "Auld Lang Syne". This old Scottish song literally translates to "Old Long Since" and means "times gone by." The song asks whether old friends and times will be forgotten and promises to remember people of the past with fondness.

On behalf of Rebecca, my kids and me, we present to you one simple yet significant gift from my family to yours — our everlasting promise of a true friendship.

Muchas gracias por su apoyo, su cariño y sobre todo por su amistad. Que Dios les bendiga en este Nuevo Año y en los años venideros. A pesar de la distancia, la familia del Fuerte Buchanan siempre estará presente en nuestras oraciones y en nuestro corazón.

Nuestras humildes y sinceras gracias para todos. ¡Muchas felicidades en el Nuevo Año!

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## President Obama: U.S. Will Strengthen Defenses, Pressure Extremists

By Jim Garamone  
American Forces Press Service



WASHINGTON, D.C. – In addition to strengthening defenses, the United States will seek out those who wish Americans harm “anywhere they are plotting attacks against the U.S. homeland,” President Barack Obama said in Hawaii today.

The president spoke about the steps the government will take in the wake of the attempted bombing of a Detroit-bound U.S. commercial aircraft on Christmas Day. Nigerian national Umar Farouk Abdulmutallab is accused of trying to blow up Northwest Flight 253.

“The American people should be assured that we will do everything in our power to keep you and your family safe and secure during this busy holiday season,” Obama said. The president directed the national security team “to keep up the pressure on those who would attack our country.”

Information is still coming out about the incident. “Those who would slaughter innocent men, women and children must know that the United States will do more than simply strengthen our

defenses: We will continue to use every element of our national power to disrupt, dismantle and defeat the violent extremists who threaten us,” he said.

The president said as soon as he heard of the attempt he ordered enhanced screening of all flights. He also ordered more federal air marshals on flights entering and leaving the United States. He also has ordered reviews of the incident. One on the so-called watch list and the other on all screening policies, technologies and procedures related to air travel. “We need to find out how the suspect was able to bring dangerous explosives aboard an aircraft and what additional steps we can take to deter future attacks,” Obama said.

The president called for the American people to remain vigilant. A passenger stopped the suspect from blowing up the plane. “This incident, like several that have preceded it – demonstrate that an alert and courageous citizenry are far more resilient than an isolated extremist,” he said.

The nation will do all it can to defeat these threats. “As Americans, we will never give in to fear or division,” the president said. “We will be guided by our hopes, our unity and our deeply held values.”

## Martin Luther King, Jr. Day

By: Hector Santiago  
Equal Employment Opportunity Officer

Martin Luther King, Jr. Day is a United States holiday marking the birth date of Rev. Dr. Martin Luther King, Jr., observed on the third Monday of January each year, around the time of King’s birthday, January 15. It is one of four United States federal holidays to commemorate an individual person.

King was the chief spokesman for nonviolent activism in the civil rights movement, which successfully protested racial discrimination in federal and state law. He was assassinated in 1968.

The campaign for a federal holiday in King’s honor began soon after his assassination. Ronald Reagan signed the holiday into law in 1983, and it was first observed in 1986. At first, some states resisted observing the holiday as such, giving it alternative names or combining it with other holidays. It was officially observed in all 50 states for the first time in 2000.

Martin Luther King, Jr. Day was founded as a holiday promoted by labor unions in contract negotiations. After King’s death, United States Representative John Conyers (D-Michigan) introduced a bill in Congress to make King’s birthday a national holiday. The bill first came to a vote in the U.S. House of Representatives in 1979. However, it fell five votes short of the number needed for passage. Two of the main arguments mentioned by opponents were that a paid holiday for federal employees would be too expensive, and that a holiday to honor a private citizen would be contrary to longstanding tradition (King had never held public office). Soon after, The King Center turned to support from the corporate community and the general public. The success of this strategy was cemented when musician Stevie Wonder released the single “Happy Birthday” to popularize the campaign in 1980 and hosted the Rally for Peace Press Conference in 1981. Six million signatures were collected for a petition to Congress to pass the law, termed by a 2006 article in The Nation as “the largest petition in favor of an issue in U.S. history.”

At the White House Rose Garden on November 2, 1983,



United States President Ronald Reagan signed a bill creating a federal holiday to honor King. It was observed for the first time on January 20, 1986.

The bill established the Martin Luther King, Jr. Federal Holiday Commission to oversee observance of the holiday, and Coretta Scott King was made a member of this commission for life by United States President George H. W. Bush in May, 1989.

## President signs 2010 defense budget into law

By Donna Miles  
American Forces Press Service

WASHINGTON, D.C. -- Defense officials are hailing passage of the fiscal 2010 budget that funds military programs and wartime operations in Afghanistan and Iraq and provides a military pay raise.

President Barack Obama signed the 2010 Department of Defense Appropriations Act into law Dec. 19 after the Senate approved it during a rare early Saturday session. The Senate passed the measure by an 88-to-10 vote.

The \$636.3 billion legislation provides \$128.3 billion for operations in Iraq and Afghanistan, and a 3.4 percent military pay raise.

The law also extends various authorities and other non-defense fiscal 2010 appropriations, White House officials announced. Most of those provisions involved temporary extensions of emergency unemployment and health-care benefits that had been set to expire.

Secretary of State Hillary Rodham Clinton and Defense Secretary Robert M. Gates issued a joint statement Dec. 18, pressing the Senate for action.

“We strongly urge Senate passage of the Defense Appropriations Bill today, prior to expiration of the current continuing resolution,” the statement said. “Passage today will provide important support for our foreign policy and national security priorities and ensure continuity of funding for our troops in combat and for all of the Department of Defense.”

The House passed the legislation Dec. 16.



President Barack Obama shares a lighter moment with, from left, Karl Eikenberry, U.S. Ambassador to Afghanistan, National Security Advisor Gen. James Jones, and Gen. Stanley McChrystal, commander of U.S. Forces in Afghanistan in the Oval Office, Dec. 7, 2009. Obama signed the 2010 Department of Defense Appropriations Act into law Dec. 19, after the Senate approved it, providing the funds needed for military programs and wartime operations in Afghanistan and Iraq in the coming months.

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## Chaplain's Corner

Chaplain (LTC) Ken Lawson  
Garrison Chaplain



As one year ends and another begins, we are all a year older and hopefully we are wiser. The past year had lessons for all of us to learn. The experiences of everyday life are part of God's master plan to grow us, strengthen us, correct us, and to love us. As the Bible says in Ecclesiastes 3:1,

"To everything there is a season, a time for every purpose under the sun."

I am one of those people who keeps a journal. At the end of every month I take out my calendar and write about my significant activities for that month. I record what books I have read, what blessings I have received, and what I have learned that month. Not all the monthly entries are positive or encouraging. Some months were better than others. But as I look back upon all the past twelve months of ministry at Fort Buchanan, I can truly say that I am blessed to serve here. This is the place and time for me to minister and I am content.

Professionally, 2009 was a good year for me. Our chapel ministries continued to grow in spite of a chronic shortage of personnel in the office. In 2009 the chapel performed about ten weddings, eight funerals, and numerous baptisms. The Religious Support Office intervened in several potential suicide cases, and thank

the Lord, we had no suicide related deaths in the Fort Buchanan workforce in 2009. We will all remember the October, 2009 explosion outside the perimeter fence and the raging oil tank fires that threatened the entire Fort Buchanan community. Whenever asked, I tell people that it was a miracle that nobody was seriously injured or killed from that explosion. If the blast had happened a few hours later, when people were running the perimeter road or exercising on the track, as children were walking to school, the results could have been catastrophic. Thank you, God, for protecting the Fort Buchanan community.

In 2009, the RSO had an almost 100% turnover in personnel. Chaplain Muñoz departed for Fort Benning, Georgia. SSG Thompson became a Warrant Officer and departed for Fort Lee, Virginia. Chaplain Milette deployed for nine months to Honduras. Incoming to the RSO was MSG Canales, and returning to work in the RSO was SPC Roman. As 2010 begins we are one chaplain short in the office, but we will not allow that to prevent us from providing top quality religious support to the entire Fort Buchanan community.

On a personal level, 2009 saw me say farewell to my two sons who left home to attend the same college in Florida. My boys are now young men. The two children still at home are a blessing. My wife of almost 24 years, Vera continues to be an inspiration to me. On 30 September I was notified that I was selected for promotion. Without my wife's assistance over the years I never would have been selected for promotion to Colonel.

In the midst of years coming and going, I am reminded of the immutability of God. The word immutable means unchangeable. To be mutable or to mutate means to change or transform. To be immutable means to be unable to change or unable to transform. Only God is immutable. The immutability of God means he is fully reliable, totally dependable, always consistent, trustworthy, permanent, or stable. The essence of the character that makes God who he is as God never changes. His attributes of holiness, righteousness, justice, perfection, and many others are the essential composition of who the Lord of Heaven is. These never change, they are immutable. Past, present, and future, the Lord is God.

## Three Kings Visit Fort Buchanan

By: Chaplain (LTC) Ken Lawson  
Garrison Chaplain



On Sunday January 3, 2010, Garrison Chaplain LTC Ken Lawson welcomed the Three Kings to Fort Buchanan. Every year on the 6th of January, many people worldwide celebrate Three Kings Day. This is the day, tradition tells us, that the wise men from the east came to worship baby Jesus and present him gifts.

Over the centuries the historical account of the wise men visiting Jesus has taken on numerous traditions. But the essential historical story is in the Bible in the Gospel of Matthew chapter two. There we read that the wise men, called Magi, saw the star announcing Jesus's birth in Bethlehem. The Magi were scholars and priests who studied astronomy, theology, physics, botany and other sciences, and served as advisors to numerous kings in the middle east. These Magi were not kings. And we do not know if there were three of them or more. But the Bible does clearly state that these Magi were led by God to worship baby Jesus and to present him gifts of gold, frankincense and Myrrh, all expensive gifts suitable for the infant king.

The three Magi spoke at the Sunday morning Ft. Buchanan Protestant Chapel service and presented gifts to all who were present. As one of the Magi said to the crowd, "Jesus is the reason for the season."

## Fort Buchanan receives the New Year with the Community

El Morro Staff

The Fort Buchanan Army Garrison celebrated its traditional New Year's reception, January 9 at the Community Club. The event, co-hosted with the 1st Mission Support Command is part of an Army tradition where military officers and enlisted members of the Armed Forces, as well as federal and state government agencies directors and distinguished community leaders in Puerto Rico make a formal call on the Commanding Officer during the New Year.

Soldiers from the 393rd Combat Support Sustainment Battalion welcomed guests upon their arrival. Afterward, guests were directed to the Regimental Room for the official portion of the event where Maj. Gen Bill Gerety, Commander 81st Regional Support Command and Senior Commander for United States Army Garrison Fort Buchanan, Colonel Edwin C. Domingo, Fort Buchanan Garrison Commander and his wife Rebecca, Colonel (P) Fernando Fernández, Commander 1st Mission Support Command and the two senior enlisted Soldiers of each command, Cmd. Sgt. Maj. Felix and Master Sgt. Russell greeted all present.

The first speech of the night was presented by Col. Domingo who expressed his gratitude to those present for supporting the Soldiers and the Army mission. He stated, "2010 is a year of new hope, new aspirations and also marks my last year as Commander of Fort Buchanan." He added, "I am grateful to our Soldier's family and their self giving sacrifice. I am also



grateful of the Fort Buchanan team who worked together to bring back the installation to its full operation after the CAPECO incident without a casualty." He concluded by thanking each one for their loyalty, support and dedication and wishes each one the best for the New Year.

Recently appointed Commanding Officer for the 1st Mission Support Command, Col. (P) Fernández, presented the new vision for the Reserve component in Puerto Rico - "promoting, recruiting and growing professional citizen Soldiers". He indicated that "in a time in which we see a large erosion of family values and community commitment in Puerto Rican society, the Army Reserve is a shining star of hope that can turn the tide around not only by making our young men and women into professional Soldiers, but also by making them into better citizens that can make significant contributions to this beautiful island".

The special guest for the evening, Maj. Gen. Gerety started his message with a heartfelt, "Feliz Año Nuevo" and highlighted our Armed Forces continued demonstration of patriotism and dedication to our Nation.

The evening culminated with camaraderie and enjoyment and best wishes for the New Year.

(Top) Mr. Juan Trigo, representing the Hon. Luis Fortuño, Governor of Puerto Rico is greeted By Col. Edwin C. Domingo. (Left) Cmd. Sgt. Maj. (Ret) and Mrs. Segundo Ferro are greeted by Maj. Gen. Bill Gerety as they made their entrance during the New Year's Reception.

Photos by Marcos Orengo





## Fort Buchanan Short Shorts

### I. D. Card

By Edwin Ruix  
Human Resources Technician, DHR

Effective 1 October 2009, if your Military ID Card expired or will expire in 30 days, you will need a new one. To make an appointment for a new ID card, please access our web site at <https://es.cac.navy.mil> ) or the Fort Buchanan link (<http://www.buchanan.army.mil/sites/local/> ) or call (787) 707-3938/2984.

Efectivo el 1 de octubre 2009, si su tarjeta de identificación militar expiró o expira en los próximos 30 días, usted necesita una nueva. Para hacer una cita, puede ir a la página electrónica (<https://es.cac.navy.mil> ) o al enlace de Fort Buchanan (<http://www.buchanan.army.mil/sites/local/> ) o llamar al (787) 707-3938/2984

### Ask the Doctor

By Rodriguez Army Health Clinic Staff

#### HOW DO SOLDIERS ASSIGNED TO PUERTO RICO GET THEIR ANNUAL DENTAL CHECKUPS?

Before you go to see a dentist, call representatives at United Concordia Companies Incorporated (UCCI) at 1-866-984-2337 to coordinate care for routine dental services such as examinations, cleanings, and fillings.

They will provide you with the name of a network dental provider and an Appointment Control Number (ACN) which authorizes you to receive care. This includes initial, annual and continuation dental care.

#### HOW DO SOLDIERS ASSIGNED TO PUERTO RICO GET URGENT DENTAL CARE?

Emergency dental care does not require an "authorization" or ACN. Although it is recommended that you use a United Concordia network dentist but, it is not required for emergency dental care. Emergency dental care includes any treatment necessary to relieve pain, treat infection, or control bleeding.

Some root canal treatments may be needed to relieve pain and infection and may be considered emergency dental care.

Who can I call if I have further questions? Ms Mildred Morales at Rodriguez Army Health Clinic.

Our January Clinic hours are as follows:

Clinic open Mon-Fri 0630-1600 hours except on Wednesday 0630-1130 hours.

Pharmacy open 0700-1130 and 1300-1530 except on Wednesday 0700-1130 hours.

### CYSS Moves

The CYSS Administrative Office located at building 1020 have relocated as follows:

Building 1147, Coconut Grove  
\*CYSS Administrative Office  
\*CYS Trainer  
\*Sports & Fitness  
\*Functional Technology Specialist

Operation Hours: 0730 -1700  
Temporary phone numbers: 787-707-3598/3769/3783

Building 152, Welcome Center  
\*Central Registration Office  
\*SKIES Unlimited  
\*Outreach Care and Supervision Options  
\*School Liaison Officer

Operation Hours: 0800 -1700  
Phone numbers: 787-707-3434/3787

### TAP/ACAP Seminar

By Santiago Santiago Vazquez  
Retirement Services Officer

The Fort Buchanan TAP/ACAP seminar will take place from 9 - 11 Feb 10 at Bldg 507. For reservations please call Mr Santiago at extension 3842 or by e-mail [santiago.santiago@us.army.mil](mailto:santiago.santiago@us.army.mil).



Educational and Developmental Intervention Services (EDIS) would like to share with you valuable information on parenting skills in the next few publications. We plan to include one of the 7 Keys to Great Parenting (provided by Kentucky Cooperative Extension's program from the University of Kentucky and Kentucky State University) in every issue of the El Morro. These wonderful tips or guidelines are intended to assist you as a parent in having fun and learning with your baby and toddler.

#### KEY # 1 -

Care for yourself. When you take good care of yourself, you have so much more peace, happiness, and love to give to you child. Eat healthy foods and get plenty of sleep. Exercise in ways you enjoy Share your feelings with a trusted friend. Ask for help when you need it. Smile, laugh and keep a light heart. Find ways to relax and renew. Keep learning and exploring. Remember that you don't have to be perfect- no one is!

EDIS is an early intervention program committed to helping you help your child to grow, learn and develop. If you have a child younger than 3 years of age and have any concerns about his/her development, give us a call for a free developmental screening. For more information, call (787) 707-2165.

### Festival of Lights

By Adria Lucca  
Relocation Readiness Program

Michael and Jeannie Johnson visit the Old San Juan Capitol during the "Festival of Lights" on 11 December 2009 sponsored by the Relocation Readiness Program. Participants had a chance to view Christmas Lights at Old San Juan to include a guided tour of the Capitol Building.



### African American History Month

By Hector Santiago  
Equal Employment Opportunity Officer

February 1, 2010 marks the beginning of African American history month - an annual celebration that has existed since 1926. But what are the origins of black history month? Much of the credit can go to Harvard scholar Dr. Carter G. Woodson, who was determined to bring black history into the mainstream public arena. Woodson devoted his life to making "the world see the Negro as a participant rather than as a lay figure in history."

In 1926 Woodson organized the first annual Negro History Week, which took place during the second week of February. Woodson chose this date to coincide with the birthdays of Frederick Douglass and Abraham Lincoln - two men who had greatly impacted the black population. Over time, Negro History Week evolved into the black history month that we know today - a four-week-long celebration of African American history.

Each year a theme is chosen to create a particular focus for the national commemoration. The theme for the 2010 National African American history month is "the history of black economic empowerment".

*"Soldiers and Families First.....Quality Programs and Service Always"*  
*"We Serve Families.....Because Our Soldiers Protect our Freedom"*

### School Safety

By Army Press Service

Always supervise children when using playground equipment. Prevent unsafe behaviors like pushing, shoving, crowding and inappropriate use of equipment. Ensure that children play on age-appropriate equipment.

Teach children to arrive at the bus stop early, wait for the bus to come to a complete stop before approaching the street, watch for cars and avoid the driver's blind spot.

Ensure that children stay seated at all times and keep their heads and arms inside the bus while riding.

When exiting the bus, children should be taught to wait until the bus comes to a complete stop, exit from the front using the handrail to avoid falls, and cross the street at least 10 feet in front of the bus.



### U.S. Army Drill Team

By Army Press Services

The Old Guard is looking to fill open enlisted billets in the United States Army Drill Team, one of the 3rd U.S. Infantry's renowned specialty platoons. These billets are MOS immaterial and are open to female soldiers. Non-commissioned Officers and enlisted Soldiers wanting to join the Drill Team should contact Sgt. 1st Class Sauder at commercial (703) 696-3149 or DSN 426-3149.

The Soldiers are selected for this elite unit after six months of rigorous and competitive drill practice. Trim military bearing, strength and dexterity are mandatory for qualification to the Drill Team. For those selected for the team, the rigors of training never stop. To execute their complicated routines as close to perfection as possible, the team practices constantly.



US Army Drill Team performing in front of the Reflecting Pool in Washington DC.

Photos by Army Press Services





## Fort Buchanan Army Emergency Program

By: Ramón D. Figueroa  
ATO

Fort Buchanan as an Army installation following DOD and Army regulations is directed to implement the Army's Emergency Management Program (EMP) by the Fall Of 2011.

The Emergency Management Plan serves as the single integrated emergency management (EM) program for the planning, execution, and management of response efforts (designed or intended) to mitigate the effects of an all-hazard incident, to include but not limited to, natural, manmade, and technological disasters, chemical, biological, radiological, nuclear, and high-yield explosive (CBRNE) incidents and accidents on or affecting Army installations, facilities, and/or activities.

We have already begun this process by identifying and studying the resources needed to comply with the Army guidance and requirements. The Directorate for Plans, Operations, Training, Mobilization and Security (DPTMS) has the lead in this effort. Some of these requirements are publish installation-specific guidance to Antiterrorism, Force Protection, the Defense Critical Infrastructure Program (DCIP), and Environmental Management System (EMS); establish a process to incorporate Emergency Management (EM), planning, and execution into assessments, evaluations, and exercises

prescribed by DODI 2000.16, DOD Antiterrorism Standards; ensure that EM Plans contains specific notification/guidance for appropriate interaction; installation first responder plans (Fort Buchanan Fire Department, and Directorate of Emergency Services) and response actions are integrated and aligned with the EMP and integrate medical planners and Public Health Emergency Officer (PHEO) in installation planning, training, and exercises. The installation will also have to conduct an all hazards annual exercise in coordination with all tenants and federal, state and local emergency responder's organizations in order to review and validate the plans as well as the Standing Operating Procedures (SOP's).

Lately during the emergency of CAPECO petroleum refinery, it was pathetically proven that all these requirements are extremely important to the point that they became an imperative during the respond, assessment, and recovery phases of the operation. The involvement and response of all the community members is essential to the success of any emergency recovery mission. This in conjunction with the staff's plans will assure our mission accomplishment in a synchronized and efficient manner.

Col Edwin C. Domingo has a tremendous responsibility as Commander of the installation, that includes but not limited to the safeguarding all the lives and properties under his command.

## General cites reasons for pregnancy provision in Iraq

By Sgt. 1st Class Michael J. Carden  
American Forces Press Service

WASHINGTON, D.C. -- An Army general in Iraq is going beyond the typical protocol to ensure every able-bodied Soldier in his unit stays fit to fight, even if it means punishing troops for engaging in sexual activities while deployed.

Through the Multinational Division North command's General Order No. 1, Maj. Gen. Anthony A. Cucolo III formally prohibits deployed Soldiers under his command from becoming pregnant or impregnating a Soldier.

Defense Department regulations call for any servicemember who becomes pregnant in a combat theater or learns she's pregnant after deploying to a combat theater to immediately redeploy to their home duty station for medical care.

"Anyone who leaves this fight early because they made a personal choice that changed their medical status or contributed to making someone no longer deployable is not in keeping with a key element of the Army's warrior ethos - 'I will always place the mission first,'" Cucolo said. "I believe there should be professional consequences for making a choice like that."

Although Cucolo, who commands Multinational Division North and 3rd Infantry Division, said he believes disciplinary action should be taken against violators of his policy, he added that courts-martial and legal action are too harsh. The cases he's dealt with since his division headquarters arrived to Iraq's Salahuddin province in October have resulted in letters of reprimand.

So far, eight female Soldiers have redeployed from their expected yearlong deployment due to pregnancy. Four of the Soldiers learned they were pregnant only after arriving to Iraq, and four others conceived while deployed, he said.

The Soldiers who conceived after they deployed were punished with local letters of reprimand, which is a minimal punishment that Cucolo explained won't damage their military careers. Two of the male Soldiers also received local reprimands, he said.

"I consider the male Soldier as responsible for taking a Soldier out of the fight -- just as responsible as the female Soldier that I lose," he said.

Also, one male Soldier received a more severe letter of reprimand that will be in his permanent record, due to his senior rank and because he was married. The fourth male Soldier wasn't punished, because the female Soldier didn't disclose his identity, the general added.



In this undated and unrelated file photo, Maj. Gen. Tony Cucolo, commander of the 3rd Infantry Division, gives remarks during a ceremony in Hinesville, Ga.

The general order Cucolo issued to his troops is stricter than that of his predecessors, the 25th Infantry Division, as well as his higher command at Multinational Corps Iraq, which bans Soldiers from entering, residing or spending the night in living quarters with members of the opposite sex between specified hours. However, the previous and current provision doesn't apply to legally married Soldiers, provided that "adequate" and private living quarters are available.

Cucolo credited previous deployments and military experiences for the order's provision explicitly banning sexual contact, and said the decision to add to the previous policy was made with support from his division's senior leadership. He stressed the importance of maintaining sufficient manpower during his deployment as "mission-critical."

"Since I'm responsible and accountable for the fighting ability of this outfit, I'm going to do everything I can to keep my combat power," he said. "And in the Army, combat power is the individual Soldier."

Cucolo said he doesn't believe his policy is too strict, and that the disciplinary actions aren't the provision's intent. Rather, he said, his goal in writing the provision over the summer before the deployment was to promote "thoughtful thinking and responsible behavior."

"I wanted all my Soldiers to think before they act -- before they make a personal choice that has consequences," he said. "That would be the consequence of leaving your team shorthanded in combat, not the consequence of punishment."

## TRICARE Dental News

El Morro Staff

### TRICARE Premiums Increased -

The TRICARE Dental Program's 1.9 million enrollees will see a slight increase in their monthly premiums, beginning Feb. 1, 2010. The monthly premium for an active duty family member single plan will increase from \$12.12 to \$12.69 and the monthly family plan premium will increase from \$30.29 to \$31.72. The National Guard and Reserve monthly sponsor premium will increase from \$12.12 to \$12.69. The monthly single premium rate for an Individual Ready Reserve (IRR) sponsor plan and the separate IRR single family member plan will increase from \$30.29 to \$31.72.

To learn more about TRICARE dental options and premium rates, visit the TRICARE Dental Program website.

<http://www.tricare dental program.com/>

### TRICARE Dental Options for Tooth Loss -

TRICARE wants beneficiaries to know that conventional crown and bridge treatment and dentures are not the only options to address tooth loss. Dental implants are an option for medically qualified candidates. A dental implant is a replacement

for the root portion of a natural tooth and is surgically placed in the upper or lower jaw, below the gum line. Beneficiaries considering dental implants should speak with their dentist about the total cost of the procedure to determine their out-of-pocket expenses. On average, dental implants cost approximately \$1,500 to \$3,500 per tooth replacement. Beneficiaries should plan ahead to properly budget their annual dental benefit.

To learn more about TRICARE's dental benefits, visit the TRICARE Dental webpage.

<http://www.tricare.mil/dental>







## Army Updates Health Promotion Regs

Army News Service

The Army has revised its regulations on health promotion and suicide prevention to provide an improved, comprehensive “how to” guide for commanders and Soldiers.

The updated Army Health Promotion Regulation (AR 600-63) and new Army Suicide Prevention Pamphlet (PAM 600-24) provide a holistic approach to health promotion, risk reduction and suicide prevention, said Brig. Gen. Colleen McGuire, director of the Army Suicide Prevention Task Force.

“We’ve made a lot of improvements in the past six months and our policies have to keep up with those changes,” McGuire said. “The new versions of AR 600-63 and DA PAM 600-24 contain enhanced guidance and information to help Army leaders, suicide prevention professionals and other key personnel improve our programs at the installation and garrison level. That’s where the impact of these changes needs to be felt.”

The updated regulation and pamphlet are designed in part for local community health promotion councils and suicide prevention task forces, officials said.

AR 600-63 expands Army commander’s responsibilities to include ensuring Soldiers identified for suicide risk or related behaviors are managed in a consistent manner. The revised regulation also promotes the battle buddy system, improves unit watch suicide intervention procedures and requires commanders to establish a policy that protects Soldiers from belittlement for seeking or receiving behavioral health assistance.

“The new regulations provide more detailed guidance for implementing health promotion and suicide prevention programs, and for using all the tools now available to save lives in our Army community,” said Walter Morales, Army Suicide Prevention Program Manager. “An organization as large as the Army relies on effective, clearly-written policies that empower Army leaders at the lowest level to act. That was our goal in updating these regulations.”

The updated Army pamphlet on suicide prevention (PAM 600-24) now provides a blueprint for establishing Community Health Promotion Councils and Suicide Prevention Task forces at appropriate levels of command. It standardizes council and task force membership and more clearly identifies member roles and responsibilities so these programs can be executed uniformly across the Army.

This pamphlet is a major revision that reiterates the policy in AR 600-63 and provides further explanations for commanders to utilize as a handbook in implementing Health Promotion, Risk Reduction, and Suicide Prevention.

“These updated regulations reflect the Army’s commitment to developing and implementing a multi-tiered holistic approach to health promotion, risk reduction and suicide prevention. We believe this enhanced guidance will provide installation personnel with relevant information to most effectively deliver services designed to mitigate risk and reduce suicide in Soldiers, family Members and DA civilians” said Karen Perkins, Installation Management Command (IMCOM) G-1.

AR 600-63 and DA PAM 600-24 can be downloaded via Army Knowledge online.

## YOUR ARMY SUBSTANCE ABUSE PROGRAM (ASAP) - Dietary Supplements: Help or Harm?

By: Myrna M. Llanos  
ASAP Prevention Education Coordinator

Prior to 1994 the Food and Drug Administration (FDA) considered dietary supplements as food and thus regulated the labeling and ensured that supplements were safe prior to being sold in the United States. On October 25, 1994, President Clinton signed The Dietary Supplement Health and Education Act (DSHEA), which effectively removed dietary supplements from FDA pre-market control; supplements can be removed from the marketplace only after the FDA proves that the product is unsafe.

### What are Dietary Supplements?

DSHEA defines a dietary supplement as a product intended to supplement the diet by increasing the total dietary intake that bears or contains one or more of the following dietary ingredients:

- A vitamin
- A mineral
- A herb or other botanical
- An amino acid
- Other dietary substance for use by man to supplement the diet by increasing the total dietary intake
- A concentrate, metabolite, constituent, extract, or combination of any ingredients

### Examples of Dietary Supplements

**Creatine**--A natural substance composed of 3 amino acids and is used in the body’s energy producing process. It is claimed that it extends performance in repetitive bouts of short duration, high intensity exercise and that it enhances muscle gains.

**Caffeine**---A central nervous system stimulant

### What are Herbs?

Herbs are medicinal plants. They were regulated as Dietary Supplements under the Dietary Supplement Health and Education Act of 1994 (DSHEA).

### Examples of Herbs

#### Ginkgo Biloba -

It is claimed that it improves memory.

In research, JAMA study found improved cognitive performance and social functioning. Possible side effects may include: headache, dizziness, heart palpitations, and allergic reaction. It should not be taken with aspirin, Vitamin E, garlic, ginger, coumadin, or heparin because it inhibits blood clotting. It may also increase blood sugar in people with Diabetes.

#### Ginseng -

It is claimed that it improves stamina. It has been studied extensively in animals but not in humans. In animals Ginseng improved immune function and prevented stress induced ulcers. It has not been proven to work in humans based on available research, more long term human studies are needed. Possible side effects may include: nervousness, excitation, insomnia, and loose stools; nevertheless, it is not usually associated with serious side effects. In addition, it may have hypoglycemic effect especially with insulin dependent diabetics, but is also seen with Type II Diabetes.

Echinacea -

It is claimed that it can be used for the treatment of colds and chronic infections of the respiratory tract. Research has found that it appears to shorten the duration and frequency of the common cold. The effectiveness of oral capsules and teas has been questioned. Possible side effects may include allergic reactions. People with the following medical conditions should not use Echinacea: TB, Leucosis, Multiple Sclerosis, Collagen Disorders, HIV, or other auto immune diseases.

### Top 5 Dangerous Herbs

#### Ephedra/Ma Huang -

It is used in Germany as a decongestant and in the USA in many diet products. However it is not a safe and effective weight loss aid.

Side effects may include: heart palpitations, dry mouth, insomnia, nausea, vomiting, motor restlessness, irritability, headaches, and tachycardia. In higher doses, side effects may include: drastic increase in blood pressure, cardiac arrhythmia, dependency, coma, and death.

You should not use it if you are taking high blood pressure medication or if you have glaucoma, enlarged prostate or any cardiovascular disease.

#### Chaparral -

It is believed to be an anti-cancer agent. It is ineffective and totally unsafe for human consumption because it causes irreversible liver damage.

#### Comfrey -

It is for external use only. It is used to treat bruises and sprains, but should only be used if the skin is intact. It is not recommended for internal use because it causes liver damage and cancer.

#### Lobelia -

It is referred to as “The natural way to stop smoking” It is not recommended because the risk of overdose is very high. Possible side effects include: respiratory failure, sweating, rapid heartbeat, decreased blood pressure, coma, convulsions and death. It should never be used in combination with nicotine patches or by those who smoke. It could also drastically raise heart rate and blood pressure.

#### Yohimbe -

It is said to be a natural aphrodisiac. Low dose side effects are: anxiety, elevated blood pressure, nausea, sleeplessness, tachycardia, tremor, vomiting. Large dose side effects are: salivation, lowered blood pressure, kidney failure, cardiac failure (death). It is not recommended for use.

### Be a smart consumer ...

Discuss with a professional prior to taking dietary supplements.

Always start with small doses.

Stick to a single herb product.

Be alert to side effects.

Avoid taking herbal supplements if taking medication, are pregnant or nursing.

Stop taking herbs at least two weeks prior to undergoing surgery.

**IF IN DOUBT, DO NOT CONSUME DIETARY SUPPLEMENTS UNTIL YOUR QUESTIONS HAVE BEEN ANSWERED --** If you have a question about this article or about any other topic related to substance abuse, please email me at myrna.llanos@us.army.mil or call (787) 707-3125.

## R-E-S-P-E-C-T Spells Reduced Stigma

By: Col. Virginia DeJesus Yates  
Commander, Rodriguez AHC

At the Rodriguez Army Health Clinic, Soldiers will see changes in 2010 with the nurse screening procedures when coming to the clinic to see the doctor. Along with having their blood pressure and temperature checked, Soldiers will be asked some questions related to stress in their lives. It’s all part of a program the Army calls RESPECT-MIL.

The acronym RESPECT-MIL stands for Re-Engineering Systems for the Primary Care and Treatment (RESPECT) of Depression and PTSD in the Military (MIL) and is designed to help medical professionals recognize warning signs of stress related illnesses and treat those problems

early while eliminating Soldiers’ fears about the stigma of seeking help.

RESPECT-MIL is used during any visit Soldiers make to the clinic’s physicians for any reason, turning those visits into opportunities to detect symptoms that could indicate that the Soldier may be dealing with stress related problems.

The goal is that Soldiers can obtain help without adversely affect their careers and without feeling embarrassed for talking about certain issues. No-one is singled out because everybody that comes to the clinic, regardless of reason, is asked certain stress related questions in private.

The Army’s RESPECT-MIL initiative was developed at Fort Bragg’s Center of Excellence. The initiative was im-

plemented Army-wide after the initiative at the Fort Bragg Center of Excellence showed a significant increase in the successful diagnosing and treatment of Soldiers with stress related problems such as PTSD and depression.

The January Clinic hours are as follows:

Clinic open Mon-Fri 0630-1600 hours except on Wednesday 0630-1130 hours.

Pharmacy open 0700-1130 and 1300-1530 except on Wednesday 0700-1130 hours.

We are closed Mon, 18 JAN for MLK holiday.





# Are You Ready for an Earthquake and/or a Tsunami?

By Angel Vazquez  
Garrison Operations Specialist

## EARTHQUAKE

The sudden and violent shaking experienced during an earthquake is caused by the shifting and breaking of subterranean rocks. Earthquakes can happen almost anywhere and anytime without warning, so you and your family should be prepared.

### How to Prepare for an Earthquake

- Minimize home hazards by bolting shelves, bookcases, china cabinets and other tall furniture and strapping the water heater to structural elements in the walls.
- Identify a safe place in every room of your home where nothing can fall on you, such as under a table, against a wall or in a doorway.
- Practice earthquake drills as a family so everyone knows



what to do, especially "Drop, Cover, and Hold On!"

- Get an emergency supply kit, and store it where it can be accessed by all family members.
- Develop an evacuation procedure as a family.
- Develop an emergency communication procedure in case family members are separated during an earthquake.

### What to Do If There Is an Earthquake

- If you are indoors:  
Do not run outside. There may be falling debris.  
If possible, DROP to the floor, take COVER under a table or sturdy piece of furniture and HOLD ON until the shaking stops.  
If you are not near any sturdy furniture, crouch in a corner or in a stable doorway where there is less chance of things falling on you.  
Stay away from windows, light fixtures, unstable furniture or anything that could fall.  
Stay inside until the shaking stops and you are absolutely sure it is safe to go outside.  
The electricity may go out, so don't use elevators.
- If you are outdoors:  
Statistics show that the most injuries in earthquakes are caused by falling debris.  
Move into an open area away from buildings, street lights, utility wires and anything else that could fall.  
Once in an open area, drop to the ground.
- If you are in a moving vehicle:  
Stop as soon as you can, away from buildings or anything

that could fall.

Stay in the vehicle.

Proceed very slowly once shaking stops.

- Once you are in a safe place, report to your command if you are military or government civilian personnel or a member of the selective reserves.

### What to Do When the Shaking Stops

- Check yourself and others for injuries.
- Turn off any building gas supply if you suspect a leak.
- Stay tuned to the radio for further information and instructions.
- Expect aftershocks, which can come minutes, hours or days after an earthquake.
- If an aftershock happens, "Drop, Cover and Hold On."
- Be very careful of falling debris in homes or outdoors. This is how most injuries occur.
- If you are trapped beneath debris:  
Do not light a match for light. There may be gas leaks in the area.  
Do not move around or kick up dust.  
Cover your mouth with a handkerchief or piece of clothing to reduce dust inhalation.  
Tap on a pipe (preferably with something that won't cause a spark) or use a whistle to help rescuers find you. Shout only as a last resort as it will increase dust inhalation.
- If you live near the ocean, be aware of possible tsunamis, which are caused by earthquakes off the coast.

### Where to Find Additional Information on Earthquakes

- American Red Cross - [www.redcross.org/static/file\\_cont164\\_lang0\\_71.pdf](http://www.redcross.org/static/file_cont164_lang0_71.pdf)
- Centers for Disease Control and Prevention (CDC) - [www.bt.cdc.gov/disasters/earthquakes/](http://www.bt.cdc.gov/disasters/earthquakes/)
- Department of Homeland Security (Ready.gov) - [www.ready.gov/america/beinformed/earthquakes.html](http://www.ready.gov/america/beinformed/earthquakes.html)
- Federal Emergency Management Agency (FEMA) - <http://www.fema.gov/hazard/earthquake/index.shtm>
- Puerto Rico Seismic Network (Red Sismica de Puerto Rico) - <http://redsismica.uprm.edu/spanish/>
- State Emergency Management Agency and Disaster Administration (Agencia Estatal para el Manejo de Emergencias y Administracion de Desastres - AEMEAD) - [http://www.gobierno.pr/AEMEAD/Inicio/Portal\\_Educativo.htm](http://www.gobierno.pr/AEMEAD/Inicio/Portal_Educativo.htm)
- United States Geological Survey (USGS) Earthquake Hazard Program - <http://earthquake.usgs.gov/earthquakes/recenteqsww/TSUNAMI>

### TSUNAMI

Tsunamis are series of waves triggered by an earthquake or underwater landslide offshore. A tsunami can move at hundreds of miles per hour and can be 10-100 feet high. Even 10-foot tsunamis can be very destructive. Areas near the coast and less than 25 feet above sea level are at the most risk for a tsunami.

### How to Prepare for a Tsunami

- Stay informed and know tsunami terminology:  
Advisory—An earthquake that could produce a tsunami has been detected.  
Warning—A tsunami that could cause damage has or may have been produced. People in the warned area are strongly

advised to evacuate.

Watch—A tsunami has or may have been generated and has a travel time to the area of at least two hours.

- Determine whether you live or work in an area with the potential to be hit by a tsunami. Determine where tsunami signs are located.
- Get an emergency supply kit.
- Develop an evacuation procedure as a family. You should identify a place to evacuate that is at least 100 feet above sea level or two miles inland. You should be able to reach it within 15 minutes.

### What to Do If There Is a Tsunami

- Stay tuned to the radio or TV for more information or instructions. Authorities will issue a warning only if they are certain a threat exists.
- Stay away from the beach.
- A large recession of the water is nature's warning of a tsunami. Heed this as you would an official warning.
- There may be little time between a warning and the tsunami, so if you are told to evacuate, do so immediately.
- If you hear an official tsunami warning or are told to evacuate:  
Immediately get to higher ground, preferably a previously identified area.  
Take your emergency kit.
- Once you are in a safe place, report to your command if you are military or civilian personnel or a member of the selective reserves.

### What to Do After a Tsunami

- Continue to listen to news reports for further information and instructions.
- Stay clear of flood waters, either standing and moving, as they may be contaminated or deeper than expected.
- Stay clear of damaged areas until you are told otherwise.
- Beware of downed power lines.
- Avoid any roads where waters have receded, as they may have weakened and could collapse under the weight of a car.
- Be extremely cautious when entering buildings and homes, as there may be unseen damage.
- Clean and disinfect everything that was touched by flood water, as it can contain sewage and other contaminants.

### Where to find additional information on Tsunamis

- American Red Cross—[www.redcross.org/static/file\\_cont247\\_lang0\\_115.pdf](http://www.redcross.org/static/file_cont247_lang0_115.pdf)
- Centers for Disease Control and Prevention (CDC)—[www.bt.cdc.gov/disasters/tsunamis/](http://www.bt.cdc.gov/disasters/tsunamis/)
- Department of Homeland Security (Ready.gov)—[www.ready.gov/america/beinformed/tsunamis.html](http://www.ready.gov/america/beinformed/tsunamis.html)
- Federal Emergency Management Agency (FEMA): [www.fema.gov/hazard/tsunami/index.shtm](http://www.fema.gov/hazard/tsunami/index.shtm)

### Fort Buchanan Emergencies Call -

Police Desk	787-707-3337
Fire Department/Ambulance	787-707-5911
Rodriguez Army Health Clinic	787-707-2587
Installation Operation Center	787-707-3287, 3249 or 3395 (Mon thru Fri)
On Post Emergency Services	787-707-4911

### Civilian Emergencies Call -- Emergencies 911

State Emergency Management Agency: 787-724-0124  
State Fire Department: 787-343-2330 / 788-2330  
State Emergency Medical Services: 787-754-2550  
State Police Department: 787-343-2020 / 793-1234

### Monitor News and Media Stations

- WKAQ TV Channel 2
- WAPA TV Channel 4
- WLII TV Channel 11
- WKAQ Radio 580 AM
- WUNO Radio 630 AM
- WAPA Radio 680 AM
- WOSO Radio 1030 AM

It's up to you. Prepare strong. Get an emergency supply kit with enough supplies for at least three days, make an emergency plan with your family and be informed about what might happen.

Information updated Garrison Fort Buchanan. Comments and suggestions are welcome at [iocbuchanan@us.army.mil](mailto:iocbuchanan@us.army.mil).

## How to Speak Puerto Rican

by Joseph Deliz Hernandez, Esq.

### "Muerto el pollo"

Literal translation — The chicken is dead.  
Social meaning — This phrase is a colorful way of saying that the deed is done.

It means that a person is done for the day and is going home

It means that a mission is accomplished.

It's Miller time. End of story!

Example: "Muerto el pollo, ya puedo irme a casa." (I'm finished, now I can go home.)







## 2009 Fort Buchanan - Year in Review

### EL MORRO

January '09



A townhall meeting took place at the Community club in which the stage was set for the Combined Federal Campaign. Ms. Olga Lopez de Krumhanst, executive director, Puerto Rico Down Syndrome Society, holds Frances Torres while her mother, Limane Camacho speaks about supporting the CFC. Frances is a living testament why we are all blessed when we help through the campaign.

### New Year's Reception

El Morro Staff

It is an Army tradition that each year the garrison commander welcomes distinguished leaders and representatives of the community to military installation. It is a symbolic function extending the hand of cooperation and friendship to the people who support and sustain the Army mission of Fort Buchanan. This year the garrison was fortunate to have Maj. Gen. Charles E. Gorton, Commanding General, 81st Regional Support Command as the guest speaker. The year 2009 also marked the Year of the NCO. An honor bestowed by the Secretary of the Army upon Soldiers to recognize their commitment to service and willingness to sacrifice on behalf of our Nation. As stated by Col. Domingo, they live by the NCO Creed to accomplish their mission and uphold the values and high standards of the U.S. Army worldwide.



Photo by Leo Martinez

Greeting the guests attending the New Year's Reception Jan 10, 2009 at the Community Club were - (left to right) Maj. Gen. Charles E. Gorton, commanding general, 81st Regional Support Command; Brig. Gen David S. Elmo, commanding general 1st Mission Support Command; Col. Edwin C. Domingo, commander Fort Buchanan and his wife Rebecca; 1st MSC CW5 Jose R. Rodriguez and his wife Mariana; 1st MSC Cmd. Sgt. Maj. Marcial Felix and his wife Ivonne and Fort Buchanan Command Sgt. Maj. David Davis.

### February '09 Army launches Year of the NCO



Senior Army leaders issued an operations order Jan. 7 officially implementing the Year of the NCO, a multifaceted initiative for enhancing and acknowledging NCO contributions to the Army.

In addition to involving the redesign of several institutions and programs, the Year of the NCO will prompt some major policy changes, such as authorizing the wear of NCO rank insignia on the beret and the expansion of civilian education opportunities.

Meanwhile on Feb 19 at Ft. Buchanan, Garrison Commander Col. Edwin C. Domingo and garrison Cmd. Sgt. Maj. David Davis were joined by Maj. Gen Gorton, commanding general 81st RSC and Maj. Gen. (Ret) Felix Santoni Civilian Aide Secretary to the Army to kick-off the early event together with installation NCO's.



Photoby Marc McCormick

### CDC Groundbreaking March '09



Photos by Marcos Orengo

Distinguished guests joined Col. Edwin C. Domingo in the ground breaking ceremony of what will become the Child Development Center and School Age Services new facility. The new facility will enhance the quality of life of our Soldiers, their families and that our children will enjoy for years to come.

It is with a great satisfaction that Fort Buchanan's mission "to enable customers to succeed by providing sustainable base support and excellent services" becomes a reality on, 19 February 2009, as the ground breaking ceremony was celebrated.

What started a one of our Directorate of Public Works most cherished projects kept on hold due to the Moratorium was now taking form as Fort Buchanan's \$6 million state-of-the-art facility that:

First, it will provide additional child care spaces.

Second, it will increase our support to Soldiers and their families through accredited programs ensuring the safety and well-being of their children.

Third, it will improve the physical environment that ensures a healthy growth and development of our children.



Davis S. Tindoll, Regional Director IMCOM-SE is briefed by Leonel Torres, DPW Engineer Division





## April '09 Month of the Military Child

El Morro Staff

April was designated as Month of the Military Child. The NCOs are the backbone of the Army but the strength of our Soldiers comes from the strength of their families. Every year Fort Buchanan recognizes the key role played by our military child care and youth services. They are living testimonies of our commitment through the Army Family Covenant in providing Soldiers and Families a Quality of Life that is commensurate with their service. During this month we celebrate the unique lifestyles of our military youth, making adjustments when necessary, especially during deployments and war-time. This is a very special day at Fort Buchanan as this community gets together to demonstrate our gratitude and appreciation for the many sacrifices our military families make as their loved ones serve



Archive Photo

their country; and among the most important family members – our children.

## 402nd CAB stands up in PR



Archive Photo

The relocation and activation at Fort Buchanan of the 402nd Civil Affairs Battalion marked the establishment of the first U.S. Army Civil Affairs and Psychological Operations Command (Airborne) unit, based outside of the U.S. and the first unit of its type in the island of PR.

## May '09 Memorial Day

By Eric Shinseki  
Director, Veterans Affairs

There is no observance in the United States more somber than Memorial Day. In events held across the Nation on Memorial Day weekend, people gather in little towns and great cities for a well defined purpose: to remember our war dead, pay homage to their sacrifice and courage, and to recall the selflessness that embodies military service. Indeed, throughout Europe, Africa and the Pacific and Caribbean Islands, Americans and our foreign friends alike pay their respects by visiting our Nation's many cemeteries abroad.

Let us never stop educating our youngsters about the price that has been paid for their freedom. A trip with them to one of our sacred shrines – our veterans cemeteries – is a good place to start.



Archive Photo

## Armed Forces Day Celebration

Marc McCormick  
El Morro

It was another perfect morning for running as servicemen and women, and civilians gathered together in front of the Fort Buchanan Welcome Center for the annual garrison 2.5K Armed Forces Day Run.

In his opening remarks, Col. Edwin C. Domingo, commanding officer, Fort Buchanan, said, "Today we are Army strong; the Navy protects the seas; the Air Force continues to aim high; the Marines are the few and proud and the Coast Guard is always ready." He indicated to all participants that they are the key to our Nation's success.



Photo by Marc McCormick

The 2009 Armed Forces Day Fun Run winners were the Puerto Rico National Guard, an organization proud of its heritage and contributions to our Nation.

## June '09 234th Army Birthday

CSM David Davis  
Garrison Cmd. Sgt. Maj.

Throughout the past 234 years, Soldiers have continually adapted to the needs of the nation in both peace and war.

Soldiers from every social group, from countries around the world, from diverse cultures and backgrounds, have joined in one common cause - the right of all people to enjoy freedom and independence. We can do no less in this significant endeavor.

Our motto Army Strong goes beyond physical endurance and mental preparedness, it embraces a spirit that is resolute, honorable and defines our values.



Photos by Leo Martinez

Garrison Cmd. Sgt. Maj. David Davies talks with the youngest and oldest Soldiers present about the Army Birthday ceremony.



Following the 234th Army Birthday celebration on June 20, Fort Buchanan Cmd. Sgt. Maj. David Davis (left) and the youngest Soldier Sgt. Janina Pérez along with the oldest Soldier 1st Sgt. Luis Ojeda and Fort Buchanan Commander Col. Edwin C. Domingo cut the traditional ceremony cake.

## Child, Youth & School Services celebrate Army Birthday

Marc McCormick  
El Morro

Fort Buchanan celebrated Memorial Day as part of the extended celebration at Fort Buchanan, the garrison's Army Child, Youth and School Services directorate held reading session for younger children attending the summer program. Stories were read by the garrison senior leaders, 1st Mission Support Command, federal and state agency directors.



Photo by Marc McCormick

## CBWTU Expansion

Marc McCormick  
El Morro

Fort Buchanan's CBWTU officially opened its new facilities with a ribbon cutting ceremony Jun 5. The CBWTU allows recuperating Reserve Component Soldiers to remain on active duty while living at home with access to nearby medical facilities. Medical care is focused on returning Soldiers to their pre-mobilization health status.



Photo by Leo Martinez





## July '09 4th of July commemorates independence, heroes



The H1N1 novel virus hit the newspapers world-wide as thousands of people were contaminated and many die as a result of limited knowledge and medication.

### El Morro Staff

Fort Buchanan provides comprehensive government-wide information on pandemic influenza and avian influenza for the general public, health and emergency preparedness professionals, policy makers, government and business leaders, school systems, and local communities.

Effective information was published on the use of preventive measures to decrease the risk of influenza infection among the Fort Buchanan Community.



Photo by Sgt. 1st Class Alfonso Flores

Sgt. 1st Class Alfonso Flores  
1st MSC PAO

The League of United Latin American Citizens and the Department of Defense held their 80th annual convention July 13 - 18, 2009 at San Juan's Convention Center. On July 16, 2009 the Armed Forces Awards Breakfast, "A Tribute to Excellence in Military Service," recognized 1st Mission Support Command Sgt. Maj. Emibel Virella. Pictured are, left to right, Clarence A. Johnson, Principal Director & Director for Civilian Equal Employment Opportunity, Office of Diversity Management and Equal Opportunity; Sgt. Maj. Emibel Virella; Rosa Rosales, LULAC National President and Col. (P) Fernando Fernández, future commanding general, 1st MSC.



Photo by Marc McCormick

Following the San Juan ceremony (left- right) Fort Buchanan Commanding Officer Col. Edwin C. Domingo is joined by the Governor of PR Hon. Luis Fortuño and Civilian Aide to the Secretary of the Army Maj. Gen. (Ret) Felix Santoni during the celebration of the 2009 Fourth of July at the San Juan Coliseum.

Col. Edwin C. Domingo  
Ft. Buchanan Commanding Officer

The anniversary of America's independence is a day of gratitude, and a day for celebration. Today, we count our blessings, and there are so many to count. We're thankful for the families we love. We're thankful for our freedom and opportunities, the freedom declared by our founding fathers, defended by many generations and granted to each one of us by Almighty God.

## August '09 Retiree Appreciation

Marc McCormick  
El Morro

Fort Buchanan's annual Retiree Appreciation Day 2009 featured many information booths offering advice and material of interest to the retired community. As shown here, the Fort Buchanan Exchange had several give-aways and promotional items for the attendees.



Photos by Marc McCormick

## Ft. Buchanan's National Night Out

Marc McCormick  
El Morro

Fort Buchanan participated in the 2009 National Night Out with a display booth located in the "Pentagon" at San Juan's Pedrin Zorilla Coliseum on August 4. Fort Buchanan's display was a big hit with the crowds, particularly with the kids. In the photo, San Juan Mayor Jorge Santini points to his signature of an Army Community Covenant with Fort Buchanan as Col. Edwin C. Domingo, Garrison Commander looks on.



## Fort Buchanan Remembers 9/11

### September '09



Photos by Marc McCormick



Marc McCormick  
El Morro

Each year on September 11th, the nation remembers the events that changed our country forever. Brought home to America, the resulting 3,000 plus deaths touched not only the United States but also many other countries whose citizens died that day. Innocent people, in the Twin Towers in New York City, at the Pentagon and at Shanksville, Pa., were the victims of an coordinated attack by Al-Qaeda. The total number of deaths may never be known. What is known is the number of first responders who died in the attempt to rescue as many people as possible. Some New York City fire station personnel were almost totally eliminated. Also, hundreds of New York City policemen also responded and lost dozens of officers in the rescue attempt.





## October '09 CAPECO Explosion

By Marc McCormick  
El Morro



Photos by Marc McCormick

In the early morning hours of Oct. 24, 2009, at approximately 12:21 a.m., several tanks in the Caribbean Petroleum Company located adjacent to Fort Buchanan exploded. The explosion, rated at 2.5 on the Richter Scale, did not ignite any blazes on the Garrison but the shock waves from the blast caused extensive damage in areas on post.

Residents of Coconut Grove were thrown from their beds by the explosion which blew out windows in the houses. Several residents went outside and watched across Pee Wee Field as more explosions rocked the area. No one seriously injured.

Fort Buchanan first responders immediately reacted to the incident sending fire trucks and DES police to the commercial area of the Garrison to assist in putting out the fire.



## November '09 Fort Buchanan honors Veterans at Remembrance Ceremony



Photos by Marc McCormick

Chaplain (LTC) Kenneth Lawson  
Garrison Chaplain

"Freedom is never free ... there is always a price that has to be paid," this is how Chaplain (Col) Kenneth L. Beade, Command Chaplain, U.S. Army Reserve Command stressed during his speech at the Fort Buchanan Veterans Day Celebration on 10 November.

He went on to describe who is a veteran, and their heroic deeds.

"We humbly say "Thank You" for proudly responding to the nation's call to duty, for giving everything for peace with valor and distinction.

Thank you for all your sacrifices. Some even paid the ultimate sacrifice so our families could live in freedom and our children would grow strong and safe.

On this day and every day, with gratefulness we thank you, Veterans, for all you gave and give.



## December '09 Fort Buchanan celebrates the holidays

Photos by Rosie Irizarry



By Col. Edwin C. Domingo  
Commander  
Fort Buchanan Garrison

Welcome all on this wonderful occasion as we mark the beginning of the holiday season at Fort Buchanan. It's so great to be here with my family – Rebecca and



my children, as well as the members of the Fort Buchanan family and friends.

Christmas time is my favorite season. During this special time, we share the wonders of faith, the spir-



it of goodwill and hope. This Holiday deserves a special place in our hearts since it holds a special meaning to the Fort Buchanan family.





# People and Personalities visit Fort Buchanan



Photo by Marc McCormick

Brig. Gen. David C. Garza, left, Chief of Staff, U.S. Southern Command, visited Fort Buchanan Jan. 2, 2009. He received briefings from Fort Buchanan Commanding Officer Col. Edwin C. Domingo and Civilian Aide to the Secretary of the Army Maj. Gen. (Ret.) Felix A. Santoni while at the garrison.



Photo by Marc McCormick

Maj. Gen. Steven R. Abt, Deputy Commanding General of U.S. Army Accessions Command spoke to senior military leadership and Puerto Rico community leaders about the state of the Army Reserve and "America's Future Environment" Jan. 27, 2009 at Fort Buchanan's Community Club.



Archive Photo

VA Secretary Eric K. Shinseki Retired Army Gen. Eric K. Shinseki took the oath of office as Secretary of Veterans Affairs on Jan. 21. Shinseki was born in Hawaii in 1942 and graduated from the U.S. Military Academy at West Point, N.Y., in 1965. He served two combat tours and was wounded in action in Vietnam. He served with distinction in Europe, the Pacific and stateside, eventually becoming the senior officer in the U.S. Army in June 1999. He retired from the Army in August 2003. Gen. (Ret) Shinseki visited Fort Buchanan in various occasions throughout his tenure as the Army Chief of Staff.



Photo by Marc McCormick

(Left to right) Col. Edwin C. Domingo Commander Fort Buchanan Garrison, Maj. Gen. Charles E. Gorton, Commander 81st Regional Support Command, and Command Sergeant Major David Davis led the observance honoring NCOs for their professionalism and leadership.



Photo by Marc McCormick

Puerto Rico's newly elected resident Commissioner paid a courtesy visit to Fort Buchanan March 2, 2009 to meet with garrison and community leaders. Pictured, left to right, are Civilian Aide to the Secretary of the Army Maj. Gen. (Ret.) Félix A. Santoni; 1st Mission Support Command Executive Officer Col. Miguel Issac; Puerto Rico Resident Commissioner Pedro Pierluisi; Fort Buchanan Commanding Officer Col. Edwin C. Domingo and Puerto Rico Advocate for Veterans Affairs Jorge Mas.



Photo by Cpt. Anthony John

During the Reserve Officer Association Officer Mid-Winter Conference held at the Marriot Wardman Park Hotel in Washington, D.C. Lt. Gen. Jack Stultz, Chief of the Army Reserve, took a brief moment out of his schedule to speak with attendee Lt. Col John Block, Assistant Chief of Staff, 1st Mission Support Command, Fort Buchanan, Puerto Rico.



Photo by Marc McCormick

(Left to right) Odette Ortiz, director, PAIO; Juan Villegas; Amanda Rojas; Elizabeth Gilestra; Michelle Brown; Jonathan Henry, contractor providing Lean Six Sigma/Green Belt training; Magda Rivera, Libertad Gonzalez; Cathleen Hamberg; Dr. Irma Julia and Jose Sanchez, recently completed training with Jonathan Henry.



Photo by Marc McCormick

The Honorable Jorge Estevez, Mayor of Añasco, presents Ada Inglés a proclamation in remembrance of Master Sgt. Inglés' service and sacrifice during the Dedication Ceremony of MEPS in honor of this exemplary Soldier. Master Sgt. Inglés died in the Global War on Terrorism in Afghanistan.



Photo by Marc McCormick

Juan Trigo, representing the governor of Puerto Rico, points out Sam the Army Dog from the book of the same name to listeners at School Age Services as one of the children re-enacts along with the story a hand puppet of Sam. Civilian Aide to the Secretary of the Army Maj. Gen. (Ret.) Félix A. Santoni follows along waiting his turn to read. The event took place June 18, 2009.



Photo by Marc McCormick

NETCOM Sergeants Majors visited Fort Buchanan to discuss the upcoming transfer of command control for DOIM services and other NETCOM function. Pictured, left to right, are, Fort Buchanan Command Sergeant Major David Davis; CSM Joseph J. McKinnon, 93rd Signal Brigade; CSM Kenneth O. Williams, 7th Signal Command and Fort Buchanan Commanding Officer Col. Edwin C. Domingo.





# —military, civilian and Puerto Rican notables



Photo by Marc McCormick

Lt. Col. Gerald Savage arrived at Fort Buchanan July 13, 2009 assuming the position of Deputy Commander for the garrison. The Rockford, Illinois native entered the service in 1982. In August 1987, he was commissioned as a 2nd Lieutenant. His last duty assignment before coming to Fort Buchanan was G-3 Chief of Operations, 310th Expeditionary Sustainment Command, Indianapolis, Indiana.



Courtesy Photo

Major General John Hawkins III, Director of Human Resources at Department of the Army and Mr. Manuel Olivarez, Chairman and Executive Officer of National IMAGE, Inc presented the National IMAGE Meritorious Service award to Chief Warrant Officer Two Néstor Ramos during the 21st Annual Salute to Hispanic Military and Civilian Awards Banquet held at San Antonio, Texas.



Photo by Sgt. 1st. Class Alfonso Flores

Lt. Gen. Jack C. Stultz, Chief Army Reserve, center, and Brig. Gen. David S. Elmo and Col. (P) Fernando Fernández saluting during the 1st MSC Change of Command ceremony Aug. 15, 2009 at Maxie Williams Field, Fort Buchanan. Fernández assumed command from Brig. Gen. Elmo.



Photo by Marc McCormick

Colonel Virginia DeJesus Yates assumes command of Rodriguez Army Health Clinic. She attended medical school under the Army Health Professions Scholarship Program (HPSP) and received her Medical Doctorate (MD) from the University of Texas in 1996.



Photo by Army Press Service

John McHugh is sworn-in as the 21st Secretary of the Army during a Pentagon ceremony, Sept. 21, 2009, following his nomination by President Barack Obama and confirmation by the U.S. Senate. As Secretary of the Army, McHugh has statutory responsibility for all matters relating to the U.S. Army: manpower, personnel, reserve affairs, installations, environmental issues, weapons systems and equipment acquisition, communications, and financial management.



Photo by Sgt. 1st. Class Alfonso Flores

Luis Berrios, Army Reserve Ambassador; Maj. Gen. (Ret.) Félix Santoni, Civilian Aide to the Secretary of the Army; Lt. Gen. Jack C. Stultz; Hon. Jorge A. Santini, who is also a Colonel in the Puerto Rico State Guard; Brig. Gen. David S. Elmo; Col. (P) Fernando Fernández, 1st Mission Support Command and Army Reserve Ambassador Horacio A. Cabrera, display the Employer Partnership Covenant following its signing held at the Puerto Rico Capitol building.



Photo by Marc McCormick

Our Heroes - Police and Firefighters, always present when needed as evident on 9/11 and CAPECO fire.



Photo by Rosie Irizarry

Master Sgt. William Russell, acting Fort Buchanan Garrison Cmd. Sgt. Maj., is having a ball with the kids who came to see the Christmas parade and enjoy all the activities. Soldiers and family first.



Courtesy Photo

Lt. Gen. Rick Lynch takes the Installation Management Command guidon during the IMCOM change of command ceremony at Conny Hall, Fort Myer, Va., Nov. 2.





## US Army Reserve Ambassador Program

By PAO, USARC



The Army Reserve Ambassador Program was established in April 1998 so that private citizens can help to promote awareness of the Army Reserve and the identified

goals and objectives of the Chief, Army Reserve (CAR).

Army Reserve Ambassadors are a vitally important bridge to the communities across the Nation. They are a group of influential volunteers who function at the state and community levels. They convey messages to external and internal audiences in order to have the Army Reserve's significant and relevant contributions clearly understood and supported. Ambassadors are Special Government Employees that represent the CAR without salary, wages or related benefits.

Ambassadors build relationships and strive to improve the understanding and knowledge of the Army Reserve within the business and social sectors of communities across America. They help to educate the public, community leaders, and congressional offices about the capabilities and values of the Army Reserve and the Soldiers who live and work in their communities.

They establish open lines of communication with the local communities to identify and gain insight into their needs and our ability to meet them; they work to support recruiting efforts by assisting community and business leaders in recognizing that the Army Reserve strengthens the Soldiers, the community, and the Nation. Ambassadors also reach out to Soldiers and their families during the difficult times of deployments and the excitement of "welcome home" ceremonies while bringing in community support.

Their function is similar to that of Civilian Aides to the Secretary of the Army (CASA), and they carry a protocol status equivalent of a major general. This is a key means by which Ambassadors are able to effectively execute their responsibilities.

To continually improve the program and the abilities of Ambassadors, a conference is held once a year to review significant Army Reserve programs and the overall effectiveness of Ambassador efforts. Ambassadors are currently appointed by the CAR, via nomination from Regional Support Command/ General Officer commanders. The nominee cannot be an actively-serving member of the National Guard, Ready Reserve (Selected), Individual Ready Reserve, Federal Government or be a Federal elected/ appointed official.

The two Army Reserve Ambassadors for Puerto Rico are Mr. Luis A. Berrios Amadeo and Mr. Horacio Cabrera, both prominent attorneys in the metropolitan area.

## UNEXPECTED DISCOVERY OF HISTORIC RELICS BURIED IN CASTILLO SAN FELIPE DEL MORRO

By Dr. Dilecia González Gandarillas  
Public Relations Officer

We have all heard the popular phrase "when you're not looking for it, you will find it." Precisely, this became true a short time ago to a group of hard working maintenance employees of the San Juan National Historic Site, National Park Service. The employees were removing ground from a shoreline trail of Castillo San Felipe del Morro, in preparation for the new trail extension of the Paseo del Morro, when they found buried three historical medals disappeared for almost 18 years. In February 1992, the Military Museum, then located in El Morro, was vandalized and a Spanish carbine of 1898, along with the three military medals were stolen. A month after the museum break in, the carbine was recovered but the medals, in spite of all the investigative efforts, could not be located.

These three military medals were awarded by the Spanish government to Colonel José Antonio de Iriarte y Travieso, commanding official of Castillo San Felipe del Morro, in recognition of merit and valor in combat during the 1898 Spanish-American War. Colonel Iriarte was also the last military governor of El Morro. The medals were donated by the descendants of Colonel Iriarte to the National Park Service in January 1963 to be exhibited in the Military Museum as a legacy to the future generations of P.R.

The three medals represent the following distinctions for Colonel Iriarte: the Cross of María Cristina, for actions in combat given in lieu of a promotion for belic operations in Cuba in 1896; the Cross of María Cristina, for meritorious service during the bombardment to Puerto Rico in 1898; and the



Park's maintenance staff that discovered the historical relics. Photo by Dilecia Gonzalez

Cross of Military Merit, awarded for distinguished action in the war against Cuba.

This surprising discovery by the park's maintenance staff resurge these military relic's enrichment to the historical legacy of PR and testimony to the heroic deeds of Colonel José Antonio de Iriarte y Travieso. Additionally, Law Enforcement Park Ranger, Freddie Aledo, who back then was assigned to the case, felt rejoiced in finally giving it closure.

All those interested in seeing the historical medals are welcome to visit the Cultural Resources Division, located in Castillo San Cristobal. The Division opens from 8:00 AM to 4:30 PM, Monday through Friday.

San Juan National Historic Site is comprised of Castillo San Felipe del Morro, Castillo San Cristóbal, Fort Juan de La Cruz (El Cañuelo), the San Juan Gate, and most of the City Wall. El Morro and San Cristobal are open everyday from 9:00 AM to 6:00 PM. Admission to one fort is \$3.00 for adults and \$5.00 for both; children 15 and under are free.

## TSA News and Travel Guidance

By: TSA Public Affairs



SAN JUAN, Puerto Rico - The Transportation Security Administration (TSA) and Continental Airlines announced the expansion of the Paperless Boarding Pass pilot program at Luis Munoz Marin International Airport (SJU). The program will allow passengers to receive boarding passes electronically on their cell phones or PDAs, which will then be scanned by Transportation Security Officers at the checkpoint and eliminate the need for a paper boarding pass.

"The deployment of the mobile boarding pass highlights TSA's ongoing commitment TSA and Continental Airlines Expand Paperless Boarding Pass Program at SJU along with passenger and flight information that will identify the traveler. TSA Travel Document Checkers will use scanners to validate the authenticity of the paperless boarding pass sent to Continental passengers. The new technology heightens the ability to detect fraudulent boarding passes while improving customer service and reducing paper use.

TSA created the concept of how to scan the paperless boarding passes and Continental Airlines developed an implementation plan that involved encrypting the paperless boarding pass to ensure authenticity. Continental is the first U.S. carrier to test paperless boarding passes and offers the service now at 37 airports.

"We are very pleased that Puerto Rico has been selected as the introductory market of the mobile boarding pass program in the Caribbean and Latin America," said Rigo-berto Alvarenga, Senior Director for Continental Airlines in the Caribbean. "Our customers surely appreciate this new technology as an added value when traveling. This program saves time and allows them to take more control of their travel experience."

The TSA Paperless Boarding Pass pilot program is currently operating at approximately 40 airports. The pilot is consistent with the global standard of the International Air Transport Association for bar coding of passenger boarding passes. TSA will continue to expand the use of electronic boarding pass scanners at the pace of participating airlines.

On Dec. 25, 2009, an individual on board Northwest Airlines Flight 253 set off a device and was subdued by passengers and crew. TSA wishes to acknowledge the heroic efforts of those individuals.

As a result of this incident, TSA has worked with airline and law enforcement authorities, as well as federal, state, local, and international partners to put additional security measures in place to ensure aviation security remains strong. Passengers traveling domestically and internationally to U.S. destinations may notice additional screening measures.

The American people should continue their planned holiday travel. TSA encourages passengers to remain observant and aware of their surroundings and report any suspicious behavior or activity to law enforcement officials.

Q: What additional security measures is TSA taking domestically?

A: TSA has a layered approach to security that allows us to surge resources as needed on a daily basis. We have the ability to quickly implement additional screening measures including explosive detection canine teams, law enforcement officers, gate screening, behavior detection and other measures both seen and unseen. Passengers should not expect to see the same thing at every airport.

Q: What additional security measures are being taken for international flights to U.S. destinations?

A: TSA issued a directive for additional security measures to be implemented for last point of departure international flights to the United States. Passengers flying into the United States from abroad can expect to see additional security measures at international airports such as increased gate screening including pat-downs and bag searches. During flight, passengers may be asked to follow flight crew instructions, such as stowing personal items, turning off electronic equipment and remaining seated during certain portions of the flight.

Q: Do passengers need to do anything differently to prepare for checkpoint security procedures? Has anything changed in terms of what passengers can bring in their carry-on or checked bags?

A: At this time, security checkpoint requirements for passengers departing U.S. airports remain the same. Passengers do not need to do anything differently, but they may notice additional security measures at the airport.

Q: Should passengers plan to arrive at airports earlier than normal?

A: Passengers traveling within the United States should give themselves extra time to check in and proceed through the security checkpoint before their flight, especially during the busy holiday travel season. TSA advises that passengers traveling on international flights to U.S. destinations allow extra time for security and arrive an additional hour earlier.

Q: How long will these measures remain in place?

A: TSA will continuously review these measures to ensure the highest levels of security.

For more information about TSA, visit [www.tsa.gov](http://www.tsa.gov).



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## 80-Year Old Recruiter

American Forces Press Services

**FORT GEORGE G. MEADE, MD** - He turned 80 years old in November and is having difficulty getting around - not because of any physical impairments, but rather because during his 59 years of recruiting, retired Sgt. Maj. Raymond Moran seems to know everyone, everywhere.

"I hate to take him shopping with me," said Barbara, Moran's wife. "He says he will push the basket, but then I have to look for him all over the store because he is talking to friends. And that does not just happen in the commissary. Every place we go he has enlisted someone, or someone from their family, and they recognize him and they get into conversations."

Barbara says that an average trip to the store is increased by 30 minutes when Moran accompanies her, but she also knows how much it means to him to promote the benefits of the Army and speak to Soldiers who enlisted under his guidance.

Over the years many people have trusted the guidance of Moran. He has enlisted everyone he can including friends and family, who he is quick to mention "all still love me." However, when asked how many people he has recruited, he simply states, "I have lost track over time. I would have to say over 1,000. It is just something I never kept a list of. I just call them the Old Soldier's Brigade."

His friends and colleagues call him the Old Soldier, a moniker he earned in Vietnam nearly 40 years ago, and although his age may justify the title, his attitude is anything but old.

Lt. Col. Gary Sheftick, who joined the Army Reserve with the help of Moran, agrees: "He has a lot of enthusiasm and he is definitely passionate about the Army ... He cares about Soldiers, people, the Army, and America. He has a deep passion that drives him. He seems to genuinely care about the young men and women he is helping become Soldiers."

According to Moran, getting out and talking to people



Retired Sgt. Maj. Ray Moran stands next to the sign that points to his office and uses the nickname he gives to himself and many others: "Old Soldier."

Photo by Jonathan E. Agee

is one of the main tools of a recruiter, but not the most important one.

"The most important thing is establishing a reputation of being truthful," said Moran. "When people trust you, they will send friends and family to talk to you. Once people trust you they will follow your recommendations for the Army."

"Sgt. Maj. Moran is the kind of person that you would want to teach your kids," said Edwin MacDonald, director of Operations Sustainment for Camber Corporation. "His character, ethics, and morals are something that you only read about, but when you're with him you know in minutes this is who they wrote the book after."

So why after nearly 59 years does Moran continue to recruit? Because he, "Just never thought of retiring," said Moran. "It's just not something I think about. I enjoy what I am doing, and I enjoy who I work with. You will not find better people to work with. For me it is a great sense of pride."

## Free Theme Park Admission

"Here's to the Heroes," a program sponsored by Anheuser-Busch, provides free admission in 2010 for any active duty, active reserve, National Guardsman or ready reserve servicemember representing any of the five service branches and as many as three of his or her direct dependents. All servicemembers need to do is register online at <http://www.herosalute.com> or in the entrance plaza of a participating park, and show a Department of Defense (DoD) photo identification. Each pass is valid for a one-day admission per person per year to five of Anheuser-Busch's seven theme park brands.



Eligibility -

Any active duty, activated or drilling reservist, or National Guardsman is entitled to free admission under the Here's to the Heroes program. He or she need only register, either by clicking here and submitting his or her information or in the entrance plaza of participating parks, and show a Department of Defense photo ID. As many as three direct dependents of military personnel also are entitled to free admission. Dependents may take advantage of the offer without their service member, though an adult must accompany minor dependents, and dependent ages 10 and over must present valid dependent I.D.

Military personnel interested in visiting those parks should check operating schedules. Not valid at Discovery Cove and Aquatica. Christmas Town at Busch Gardens in Williamsburg, Va. is not included as part of this program.

## Blind officer graduates Maneuver Captain's Career Course

By Kristin Molinaro  
The Bayonet

**FORT BENNING, GA** - The first blind student to attend the Maneuver Captain's Career Course graduated with his class Tuesday in a ceremony attended by family and friends.

MCCC is a 20-week course that prepares captains for company commands and serving as staff officers at battalion and brigade level.

"When I came here, I was kind of skeptical of how I would be received, being the blind guy," Capt. Ivan Castro said. "I thank my cadre and classmates for their support. I learned a lot from my peers, and I hope I taught them something. We all have a cross to carry. You have to pick up the pieces and move on."

Castro, who's served in the Army for 21 years, was injured during offensive operations in Yusifiyah, Iraq, Sept. 2, 2006, while deployed with the 82nd Airborne Division. Shrapnel from an 82mm mortar that landed five feet from his position on a rooftop struck Castro, a sniper reconnaissance platoon leader, and several others. The mortar killed two Soldiers in his platoon and left him blind. Castro also suffered a bilateral aneurysm, collapsed lung, pulmonary embolism, bone fractures and a nicked artery.

"Without command, without reservation, without hesitation, my guys jumped into action," said Castro, crediting his Soldiers with saving his life. "If it wasn't for the training my guys received, I wouldn't be here right now."

Castro spent six weeks on life support in an induced coma. At Bethesda Naval Medical Center, he underwent rehabilitation to help him adjust to life without sight and, within a year, he was running the Marine Corps Marathon. It was a "grueling" process, said his wife, Evelyn.

After completing his rehabilitation, Castro returned to work as the executive officer for the 7th Special Forces Group at Fort Bragg, N.C.

"One of your classmates is here today because his fellow warriors refused to cut him away like a bad parachute or let him fall behind," said Brig. Gen. Michael Repass, the commanding



Lt. Col. Fredrick Dummar, commander of the Special Operations Recruiting Battalion at Fort Bragg, N.C., congratulated Capt. Ivan Castro on graduating from the Maneuver Captain's Career Course. Castro, who will be assigned to the recruiting battalion, is the first blind student to attend the course.

Photo by Kristin Molinaro

general of the U.S. Army Special Forces Command, speaking to the graduates. "Our Soldiers will go into the jaws of hell if they believe we aren't going to leave them behind. That faith has to stick with our Soldiers if they are wounded or otherwise incapacitated. We leaders cannot put them on the sidelines and walk away from them. I remain encouraged by the obvious courage ... of Ivan Castro."

Throughout his life-changing transition, Castro insisted he not be treated differently, said Lt. Col. Fredrick Dummar, who worked with Castro at the 7th Special Forces Group and attended his MCCC graduation.

"It was critical for him to attend MCCC," said Dummar, commander of the U.S. Army Special Operations Recruiting Battalion. "You can't stay on active duty as a captain without it. It would've been not only a fight to keep him on active duty with his injuries, but also to keep him on active duty without attending a mandatory school."

Dummar said because Castro was a Special Forces Soldier and wanted to remain on active duty, they reviewed his case. "We saw what his potential still was instead of what he can't do," Dummar said. "He may not be able to do every job in the Army, but by doing the job he can do, he's freeing up someone who can see to be doing something else."

To keep up in classes, Castro said he used a voice recorder and computer screen-reading software. Castro enlisted his roommate, Capt. Gerard Torres, as a running buddy to ensure he kept on the track during physical training.

Torres, who attended the Infantry Officer Basic Course with Castro in 2005, said Castro has been an inspiration to him.

"We've laughed so hard and hated each other like brothers," Torres said. "The things he's taught me since the time I've known him are invaluable. Sometimes you sit there and start feeling bad for yourself and then you look over, and there's Ivan, running 20 miles."

In the coming weeks, Castro will report to his new assignment as the operations officer for the U.S. Special Operations Recruiting Battalion.







## Recognizing problem biggest step toward fixing suicides

By C. Todd Lopez  
Army News Service

WASHINGTON, D.C. -- In 2008, the Army experienced for the first time, suicide rates higher than the civilian population. In the same year, the Army entered an agreement with the National Institute of Mental Health to find out why.

While the NIMH study will take five years to complete, the institute recently met with Army leaders to provide some preliminary insights, said Brig. Gen. Colleen McGuire, director, Suicide Prevention Task Force.

One finding was that some 53 percent of the American population that replicated the Army population has had some level of mental or behavioral illness, McGuire said. That includes such things as alcohol problems, eating disorders, depression or anxiety.

"We can probably assume that's the same in our own population," she said.

Additionally, McGuire said, NIMH has said those with post traumatic stress disorder are six times more likely to commit suicide -- and those individuals, she said, often take as many as 12 years before seeking help.

"Unfortunately, in that period of time, before they finally recognize they have PTSD and seek treatment, there has probably been some attempts at self medication," she said.

In November, the Army experienced 12 potential suicides. That's two less than in October -- and while McGuire said the monthly suicide rate for the Army has trended down since the beginning of the year, 2009's number are expected to be even higher than 2008's numbers -- coming in at 156.

The exact causes of suicide in the Army are numerous and hard to pin down -- and it's not just Soldiers that have deployed. Some 30 percent of Army suicides are those that have never deployed, McGuire said. There's also relationship issues, financial issues, substance abuse issues and UCMJ problems.

"All of these things spiral to the point where they are trying to find some emotional relief," she said. "And that comes in the form of flawed thinking that results in their own death. It's hard to label any one variable as the cause."

McGuire said the Army isn't waiting for the results from NIMH or the 2009 suicide numbers to start attacking the problem.

"Probably the most important step the Army took this year was the recognition by the Army leadership that we did in fact have a problem," she said.

Getting leadership involved, from the top level down to NCOs at company level is also important McGuire said. "The one thing we need to do is empower the noncommissioned officers and our young leaders, particularly at the company level, to really know their Soldiers, but then also to inform them of the resources available to them," McGuire said.

And there's a lot of resources, McGuire said, more than 400 programs Army-wide designed to help stressed Soldiers, family members and civilians. In fact, there may be so many it's overwhelming, and the Army is going to fix that.

"What they would like ideally is to have somebody with a laser pointer and point a direction -- you go this direction or you go to this office and this is what you need," she said. "Instead, what we have done in the Army and even with non-profit organizations, everybody else that wants to help -- is we provide a flood light. And they are blinded by the opportunities and resources available to them."

The Army has queried installations about their programs, asked about funding, effectiveness, etc. When installations meet the response deadline for the query, a report detailing the programs and their effectiveness will be generated, sometime in March 2010, to ensure effectiveness and eliminate redundancies, McGuire said.

Also standing in the way of preventing suicides in the Army -- convincing Soldiers that it's okay to say they need help.

"Soldiers learn best by what they see," McGuire said. "And until they see leadership seeking help, or if they see some of their peers seek help, and there appears not to be retribution or negative effect with that, then we will turn that corner."



## Servicemember Voting Laws Reflect Changes

By Jim Garamone  
American Forces Press Service

WASHINGTON, D.C. -- Laws have changed and servicemembers who want to vote need to be aware of these changes, the director of the Federal Voting Assistance Program said.

Generally, military personnel who want to vote are a higher percentage than that in the general population. Still, there can be roadblocks to exercising the franchise.

Overseas-deployed servicemembers may find that "the absentee ballot doesn't get to them on time, so they can vote it and send it back to the election official so it can be counted," Bob Carey explained during an interview yesterday.

In the general population about nine out of every 10 absentee ballots are successfully cast, the director said. "Only about six or seven out of every 10 military ballots are successfully returned," he said.

The biggest problems, Carey said, involves the nature of overseas duty and delays in the military postal system.

Carey's organization is working to expedite the voting process for military members. On the postal side, officials are looking at ensuring that all military ballots take seven days or less in transit. Imagine an express-mail service for military voters, Carey said.

The power of the Internet also is being harnessed. Military voters can go to [www.fvap.gov](http://www.fvap.gov) for almost one-stop shopping. A servicemember can go online and find the necessary voting forms and fill them out right there.

"Down the line we will also have an online ballot system where they can receive the ballot online, fill it out online and chose their candidates online," Carey said. "They will still have to print it out and sign it, but it would end the wait of getting the ballots."

Deployed servicemembers -- at combat outposts and aboard ships -- are the most affected by voting issues. Many military voters also are younger and aren't aware of the processes behind voting, Carey noted.

"We're trying to make it easy," he said, "so they don't have to know chapter and verse of election law in order to participate in the process."

One of the bigger changes in the process is that military voters must send in a federal postcard application -- again available at [www.fvap.gov](http://www.fvap.gov) -- as soon as possible.

"The law has changed and even if they have been getting their absentee ballot automatically they have to register each and every year," Carey pointed out.

Servicemembers also must submit a postcard application each time they move, each time they deploy and each time they redeploy.

"We're encouraging everyone by Jan. 15 to send in a new federal postcard application," Carey said. Local election officials, he said, are more than happy to deliver balloting materials, but they have to know where to send them.

## Take the weight-loss challenge

By Lt. Col. Karen E. Hawkins  
DeCA dietitian

FORT LEE, Va. -- A new year and a new decade are here, and many of us want to lose a few pounds or try to get in shape. There are many diets out there that promise to help you lose weight, yet not all are safe. Are you ready for a new you? Ready to diet?

As a dietitian, I know that most fad diets people begin at this time of year are bound to fail. Why? They simply are not realistic in their goals and don't focus on how we really eat.

Now that's no reason not to try to diet. Medical research shows that if you are overweight, losing as little as 5 to 10 percent of your body weight (that's about 8 to 15 pounds if you weigh 150) may leave you with better blood pressure, improved cholesterol levels and a lower risk of diabetes.

To lose weight gradually and keep it off, here are 10 tried and true tips that you can live with while losing weight and getting in shape.

- Go slowly. Set a realistic goal for weight loss and write it down. Losing 2 to no more than 3 pounds a week is generally recommended by the experts. Remember how long it took to gain the weight? Give yourself time to lose it gradually and you are more likely to keep it off as you change your lifestyle habits.

- Be active. Calories in, calories out or what you eat is what you get. This means be active. Go walking, swimming, jogging, bicycling and dancing to burn those calories. The key is to make physical activity a part of your everyday life.

- Go small. Use the small plate and small bowl at meals instead of the large ones. It's too easy to eat too much when you use a big dinner plate or a large bowl, especially for that nighttime ice cream.

- Eat fiber. Aim for 25 to 35 grams of fiber a day. Fiber fills you up and helps you feel full for a long time between meals. Easy ways to get more fiber include eating cereal for breakfast that has 10 or more grams per serving; eat a pear or an apple for a snack; add beans to your meals, soups, and salads; and add a few nuts as a snack or on a salad.

- Eat protein. Do not skimp on protein; this includes chicken, fish, turkey, lean beef and pork. It also includes dairy foods like skim milk, yogurt, low-fat cheeses, beans and nuts, all found in your commissary at savings of 30 percent or more. The average person needs 0.8 grams of protein per kilogram of body weight, about 60 to 90 grams protein a day.

- Portion control. A serving that is bigger than your fist is probably too much to eat -- unless it's vegetables, which is the next tip.

- Eat your veggies. Eat vegetables at lunch and dinner. Portions are not so important here. In fact, eating vegetables is a good place to cheat if you need to. Make sure to fill up half your plate at meals with vegetables. The fiber, water content and nutrients in vegetables help the body lose weight. Fresh, canned or frozen veggies are all great choices. Avoid the sauces, though, as they add many extra calories.

- Eat your fruit. Fresh, canned or frozen, they all make great snacks and a nice dessert. Dried fruit is OK, too, as long as you control the portion sizes.

- Get support. Get support from your family and friends to stay on track with your weight loss. How about creating your own biggest losers contest and invite others to join? Support goes a long way with weight loss.

- Celebrate your success! Give yourself a pat on the back and more as you continue to lose weight. It's no easy task. As you reach a weight loss goal, how about something special to reward yourself? Make it something that you really can enjoy like a new outfit, season tickets for your favorite sport or a special vacation. You decide what it is and write it down with your goal.

For more information about making healthy choices, visit Ask the Dietitian on <http://www.commissaries.com> and post your questions on the DeCA Dietitian Forum. Be sure to look for other useful information in the Dietitian's Voice archive. Sign up with the DeCA Dietitian on [www.twitter.com](http://www.twitter.com) and get messages sent to your cell phone today. For delicious recipes, check out Kay's Kitchen. And to enjoy all your commissary has to offer, sign up for the Commissary Connection.







Col. (P) Fernando Fernández  
Commander  
1st Mission Support Command

Let me start my wishing each and everyone of you a very happy new year 2010 full of great events and with much success in all your personal endeavors. Being this my first new year as commander of the 1st MSC, I think it is in order that I present to you, in a very brief manner, what is my new vision and intent for our Command.

I have chosen a very direct and concise statement to describe the new vision for the 1st mission support command. It states: "promoting, recruiting and growing professional citizen soldiers". With just those seven words I am striving to convey my aim for changing the dynamics of our organization.

"Promoting, recruiting and growing professional citizen soldiers."

By promoting, I am looking for our command and its soldiers to get the visibility and recognition that they deserve. My goal is that the citizens of Puerto Rico recognize and praise the great contributions that our army reserve soldiers make to our island. Our soldiers are not only deployed throughout the world in theaters of war and contingency missions; they are also engaged locally in various community projects and

civic actions that support youth, sports and charitable initiatives. Many of these activities are conducted on a voluntary basis on the part of individual soldiers or units that have identified a particular project or cause that they understand will make a difference for the betterment of their communities or its members.

The word recruiting stands for the need to do more to market and publicize the great opportunities for education, professional development and community service that joining the army reserve in Puerto Rico provide. As the army's only federal element in the island, our command provides a unique window of possibilities for Puerto Rican youth to achieve a better future for themselves and their families in a time in which we are struggling locally with a weak economy and much social turbulence.

By growing professional citizen soldiers, I do not only mean that we will recruit and train the best professionals in the military. By it, I also mean that we will become a driving force in making better citizens for Puerto Rico. The members of our command will bring with them into their daily life the army values, discipline and leadership that they have learned and developed through many hours of training, mentorship and education.

Finally, as a member of this command for the past 26 years, I strongly believe in what I preach. In a time in which we see a large erosion of family values and community commitment in Puerto Rican society, the army reserve is a shining star of hope that can turn the tide around not only by making our young men and women into professional soldiers, but also by making them into better citizens that can make significant contributions to this beautiful island.

I encourage all our non-military guests to take the opportunity tonight to meet us, ask questions and learn what our command is all about. I am quite sure that once you do so, you will help us in disseminating our message and in spreading the word on what a splendid and professional organization the army reserve and the 1st mission support command are.

Again, I wish you all a great 2010.



The 1st Mission Support Command Chaplain Office held the first Strong Bonds Families of Deployed Soldiers in the Army Reserves Conference on 13-15 November 2009 at the Embassy Suites Hotel, Dorado, PR. The Strong Bonds Program is of vital importance to the functioning of the Army Reserve by teaching Soldiers and/or Family members special coping tactics, by empowering Soldiers and their loved ones with relationship-building skills, by connecting them to community health and support resources. It is a holistic, preventative program committed to the restoration and preservation of Army Reserve Families, even those near crisis. Photo and story by Staff Sgt. José A. Castro.



Col. (P) Fernando Fernández, Commander 1st Mission Support Command with his staff during the traditional Army New Year's Reception at the Fort Buchanan Community Club. The 1st Mission Support Command co-hosted the event. Photo by Marcos Orenco

## A Solemn Christmas Story

By Maj. Rafael Medina  
U.S. Army Reserve

BAGHDAD, Iraq. There's one thing I've been gathering courage to write about for the last few months. When I went home on leave during Christmas, there were three of us that planned on traveling together. The mil flights out of Baghdad were packed and I was bumped to a later flight.

They told me not to despair because I would leave later on a hero mission. You see, flights here are coded with names like silver, cowboy, and Zulu (none of these names are actual flight names, just examples). So, I was told to wait for about six hours for the hero mission (this is an actual mission name). While waiting, I met other Puerto Ricans that were also heading home on R&R leave. As time elapsed, the group grew to about 11 of us. As a matter of fact, we took it upon ourselves to tell everyone there was a hero mission later in the day and there were seats available.

Well, for those of you that don't know, a group of 11 Puerto Rican Soldiers in Baghdad, getting ready to go home for Christmas is a happy and loud bunch. Some of

the guys are from the PR National Guard and, as it turned out, one is the lead singer of a local band. Yes, we were even singing all kinds of songs from back home. We also told jokes and found all kinds of excuses to laugh while we waited for our hero mission.

When the time came to board the C-130 (about eight hours of waiting), I noticed we were being loaded through the front instead of the usual way through the tail. Yeah, we joked and laughed about that, too. When entering the aircraft through the nose, we had to go all the way to the back and around to the nose again on the other "aisle" in order to fill the plane front-to-back on both aisles.

This was also a joke and laughing matter. Actually, I started to say: "What is this now, a Merry-Go," total silence. I fought back the tears. Right at the end of the plane, separated an equal distance from each other and draped in American flags were three coffins. While we walked by them, a service member was instructing us not to touch nor photograph them and to show proper respect for the heroes in those coffins. I didn't talk again until after we landed and off loaded the heroes one by one with the proper formation and slow motion salute for each one of them.

I shall never forget the hero mission and what it entails nor the fact that each one of us can go home a hero.



Soldiers await boarding the C-130 for deployment.





# PRimeros in the News

Photos by Sgt. 1st Class Alfonso Flores  
1st MSC PAO



402nd Civil Affairs Battalion Service Member Alcaudio Matos married Viviannette Rosario on December 20, 2009 in a ceremony held at the Fort Buchanan Chapel. The ceremony was conducted by Pastor Joel Vega in the background. Matos came back home for R&R after finishing his basic training at Fort Benning, Ga and decided he was not going to wait until May of 2010 when he finishes his advance individual training at Fort Gordon, Ga. Best man for the wedding was Reimond Pérez and the maid of honor was Cristina Cáceres. The couple expressed their gratitude to the chaplain's office for their support and Mrs. Ivelisse Garcia from the Family Support Group for coordinating the wedding.



On 14 Dec 2009, The 1st Mission Support Command staff and directorate leaders met at the Double Tree Hotel San Juan, PR and participated in the 1st Command Review and Analysis of FY 2010. The purpose of this meeting was to discuss the current status of the 1st MSC Metrics to develop plans and strategies to improve and assist the Command to achieve the Commanding General's Vision and Goals.



Lieutenant Colonel Louis A. Feliciano became the new Commander of the 393rd Combat Sustainment Support Battalion. He proudly accepted the honor of receiving the colors from Command Sergeant Major Joy Martinez, who in turn received the coveted pennant from former 393rd Commander, Lieutenant Colonel Pablo Soto on a Change of Command Ceremony held at Maxie Williams Field on Saturday, the nineteenth of December 2009.



Brig. Gen. David Elmo, former 1st MSC Commander, recently visited the 210th Regional Support Command at the mobilization station in Ft Dix. In this picture are (from left to right) MSG Hector L. Santiago, SPC Jimmy Rodriguez, BG David Elmo, SPC Alex Santiago and SPC Victor Santiago. These Soldiers are all cousins, Hector and Alex are brothers. They are deploying together in support to OIF. Photo provided by SSG Ana Santiago-Ortiz, U.S. Army Reserve Command.

## In the nick of time...



There are no words to describe the joy and happiness that people feel when they go to the airport to receive someone dear. Now, imagine that same feeling and multiply it by ten, and that maybe would come close to what these Soldiers and their families felt the day before Christmas when Soldiers of the 271st arrived at San Juan's International Airport after being deployed for one year in Iraq. Tears of happiness and laughter, just music to the holiday season, now that's what I call a very Merry Christmas!





BLACK HISTORY MONTH  
*The History of Black Economic Empowerment*  
FEBRUARY